

## Sample Breakfast Menu for Schools without Kitchen Facilities (2-Week Cycle)

### Monday

Orange juice - 4 oz (1/2 cup)  
Cold cereal - 1 oz (3/4 cup)  
Blueberry muffin - 2 oz  
Milk - 8 oz (1 cup)

### Tuesday

Banana - 1 whole small  
Peanut butter and jelly sandwich - 2  
tbsp peanut butter, 2 tsp jelly, 2  
slices bread  
Milk - 8 oz (1 cup)

### Wednesday

Canned peaches - 1/2 cup  
Instant hot cereal packet - 1 oz (3/4  
cup)  
Raisin bread toast - 2 slices toast, 2  
tsp. margarine  
Milk - 8 oz

### Thursday

Orange juice - 4 oz (1/2 cup)  
Cold cereal - 1 oz (3/4 cup)  
Bagel with cream cheese - 3 oz  
bagel, 2 tbsp crm cheese, 2 tsp jelly  
Milk - 8 oz (1 cup)

### Friday

Apple wedges - 1 apple  
Cheese sandwich (2 oz cheese, 2  
slices bread, 2 tsp mayonnaise)  
Trail Mix - 1 oz nuts, dried fruit mix  
Chocolate milk - 8 oz (1 cup)

### Monday

Apple juice - 4 oz (1/2 cup)  
Cold cereal  
English muffin - 2 oz muffin, 2 tsp  
butter, 2 tsp jelly  
Milk - 8 oz (1 cup)

### Tuesday

Canned Pears - \_ cup  
Cinnamon Roll - 3 oz  
Instant hot cereal packet - 1 oz (3/4  
cup)  
Milk - 8 oz (1 cup)

### Wednesday

Grape juice - 4 oz (1/2 cup)  
Cold cereal - 1 oz (3/4 cup)  
Cinnamon toast - 2 slices bread, 2  
tsp butter, cinnamon and sugar  
Trail mix - 1 oz nuts, dried fruit mix  
Milk - 8 oz (1 cup)

### Thursday

Pineapple chunks - \_ cup  
String cheese - 1 oz  
Banana Nut Bread - 2 oz with 2 tsp  
margarine  
Chocolate milk - 8 oz (1 cup)

### Friday

Orange juice - 4 oz (\_ cup)  
Maple Bars - 2 oz  
Cold cereal - 1 oz (3/4  
cup)  
Milk - 8 oz (1 cup)

Other Ideas: soft pretzels, graham crackers, tortilla wraps with  
cheese or peanut butter, pop tarts, toaster waffles

